



DEPARTMENT OF
YOGA
TEACHING PLAN
GD CR
2023-24

Session - 2023-24

P. E. Diploma in yoga education & Philosophy.

First semester

September - Introduction of yoga. The concept meaning, definition and tradition of Guru-Shishya (Types & meaning) meaning, definition & Importance of yoga & health in life. Theories of Health, various exercises benefits of yoga. asanas & their values vis-a-vis other system

practicals:- Pawanmuktasana Part I II III
Asanas: Relaxation, pre meditative backward & forward bending, spinal cord twisting & balancing. Asana of Vajrasana Group & standing pose.

2 October:- Basic texts of yoga - yoga sutra (Introduction of citta, chitta vrittayah chitta bhumiya, panch kalesh, astang yog practice of yoga - preparation, food, Dress, time, sequence, climatic changes daily vratas for health, life pattern & yoga. Effects of yoga upon bodily functions. Role of yoga asanas in modern living.

Practicals:- Nadishodhan & Pranayamas: sheetali pranayama, sheetkari pranayama Ujjai pranayama, Bhalmi pranayama.

2. November - Kinds of yoga: Bhakti yoga, Karma yoga, Mantra yoga & Raj yoga
Study of Ida, Pingala, Sushumna
Seven chakras, Five koshas and
five pranas, Physiology - Constitution
nervous system, Respiratory system
Circulatory system and endocrine
system.

Practice: - Munda - Haemunda, Manmunda
Kaya munda.

4. December - Contemporary yoga - Sri Anubindo
(Samagra yod) Sahayanda and
Shivanand Aspects of mind (topogeopi-
cally and dynamic Id, Ego and
super ego, Conscious sub conscious
and un-conscious - yogic concept
of mind and mental process.

Practice: - Bandha: Moolbandha & Jalandhar
Bandha, Shavasana

Bhandi

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Second Semester

1. January - The subject matter of yoga philosophy. Sankhya, Prakriti, Purush and Cosmology. Vedanta, Brahman soul and Maya, Anand sambhita (Introduction of Shat Karma, Dhyana pranayana and Samadhi)

Practicals:- Paroanmuktaran I, II, III
Balancing auras, auras of higher groups

2. February - Different system of philosophy
parich Mahavata - Jainism
Ashlang marg - Buddhism
charvack Darshan - Sukhwad
pranayana - its meaning methods kinds
precaution and benefits

Practicals - Sanyama, Pranayana - Suktahedi pranayana, Bhastrika pranayana, Kapal bhati pranayana and mocha pranayana

3. March - Hathyog pradipika (Introduction) pranayana, Shat Karma, Nadanusandhan
Kinds of yoga: Hath yoga, Kundalini
Tantra, Shuddhi Kriya, Shat Karma
its methods and utility, Bandha
and Mudra, methods and benefits.

Practicals - Bandha, Uddiyana Band and
Moolbandha
Mudra: Bandha Mudra and
Aadhaar mudrayen.

4. April :- Psychosomatic disorder (meaning
and types) Their management
through yoga Aging - its problem
and management through yoga
Samadhi: Different types of
meditation

Practicals - Shat Karma
Dhyanana and Yog nidra

Bhanti